

# friendship and the spiritual life

A one-day retreat with Anushka Fernadopulle

Open to all

**T** rue friendship was held up as the pinnacle of human relationship in some societies in history. Friendship is an essential part of our path of liberation and awakening. We all know something about it and we all can learn more. Join us for an exploration of the teachings of the Buddha around friendship on the spiritual path. We will reflect on topics of friendship (with others and with oneself) through meditation, contemplation and discussion. Parts of the day will be conducted in silent meditation. Beginners in meditation are welcome.



**Anushka Fernadopulle**

has trained in the Theravada Buddhist tradition for over 20 years. Anushka is a member of the LSangha at EBMC, the Spirit Rock

Teacher's Council, and teaches Vipassana meditation around the US. Anushka also works with individuals as a leadership/personal coach and with organizations as a consultant. She thinks friendship is important! More about her dharma teaching and work can be found at [www.anushkaf.org](http://www.anushkaf.org).

Space is limited & registration is required. Register at [www.eastbaymeditation.org](http://www.eastbaymeditation.org) or email [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) for registration information.



**Sunday, Dec. 4, 2011**

**10:00 AM – 4:00 PM**

**East Bay Meditation Center**

**2147 Broadway at 22nd Street, Oakland, CA**  
(near 19th Street BART)

**Cost:** The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the meditation center and the support of the teachers.

In order to protect the health of community members with environmental illness, please do not wear fragranced products (including "natural" fragrances) or clothes laundered in fragranced products to EBMC.

[www.eastbaymeditation.org](http://www.eastbaymeditation.org)

EBMC is wheelchair accessible

